

## Fruit Salad

### Ingredients:

- 1/2 c Orange Juice
- 1/4 c Honey
- 1 pint Basket strawberries, stemmed and halved
- 1 half-pint Basket raspberries
- 1 half-pint Basket blueberries
- 2 Oranges, peeled and cut into sections
- 1 c Cantaloupe or honeydew melon balls
- 3 T Fresh mint leaves



### Directions:

In a medium bowl, whisk juice and honey; add remaining ingredients. Toss gently to combine; chill 1 hour. Spoon salad into 4 individual bowls, dividing equally. Makes 4 servings.

### Nutritional Information (per serving)

Calories: 194

Fat: 1g

Calories from Fat: 5

Cholesterol: 0 mg

Fiber: 2 g

<http://www.pacificgoldfarms.com/recipes/summertimeFruit.html>